

2015 Run Kannapolis

5K Walk/Run Series

Series Background:

Runners and walkers are invited to participate in a unique series featuring the best area 5k fun runs/walks featured in the City of Kannapolis, NC. Runners/walkers are encouraged to participate in the entire series of races (7) but series awards will be provided to anyone who finishes at least four events. For those who participate and finish all seven events, there will be special recognition at the end-of-season.

Registration:

There is no fee to participate in Run Kannapolis. Your entry into the individual races listed below will be used to track your participation. You simply pay the entry fee for each individual event that you want to compete in.

2015 Run/Walk Events:

1. Spring It On 5k – March 14th (Kannapolis City Schools)
2. Feeding Frenzy 5k – April 11th (Main Street Mission/Compassion International)
3. Rhythm & Run 5k – April 18th (NC Music Hall of Fame)
4. Strides for Stroke 5k – April 25th (CMC-NE Foundation)
5. Jiggy with the Piggy 5k – May 9th (Kannapolis Parks & Recreation)
6. Nutrithon 5k – TBD (Kannapolis Rotary Club)
7. Frostbite 5k – December 19th (Cannon Memorial YMCA – Kannapolis Branch)

Awards, T-Shirts, and Prizes:

In 2015, series awards will be provided simply for participating and finishing no less than four events. There are no category awards for age, gender, or series standings/time. However, starting in 2016, there will be awards divided among age groups, gender, and series standings/time. Individual 5k events will have their own awards, t-shirts, and prizes. Run Kannapolis End-of-Season awards will be presented at a special ceremony in December 2015, or may be picked up after that date at Kannapolis Parks and Recreation at 401 Laureate Way (City Hall). Qualifying award recipients will receive an email invitation notifying you of your completion in the Run Kannapolis Series and details on the end of season award ceremony.

- Participate in 3 races...You're awesome. Can't win an award yet but keep going!
- Participate in 4 races...achieve **participant** status; you will receive an end-of-season award.
- Participate in 5 races...achieved **athlete** status; you will receive an end-of-season award.
- Participate in 6 races...achieved **competitor** status; you will receive an end-of-season award.
- Participate in 7 races...Congratulations, you achieved **BEAST** status! Special award for you.